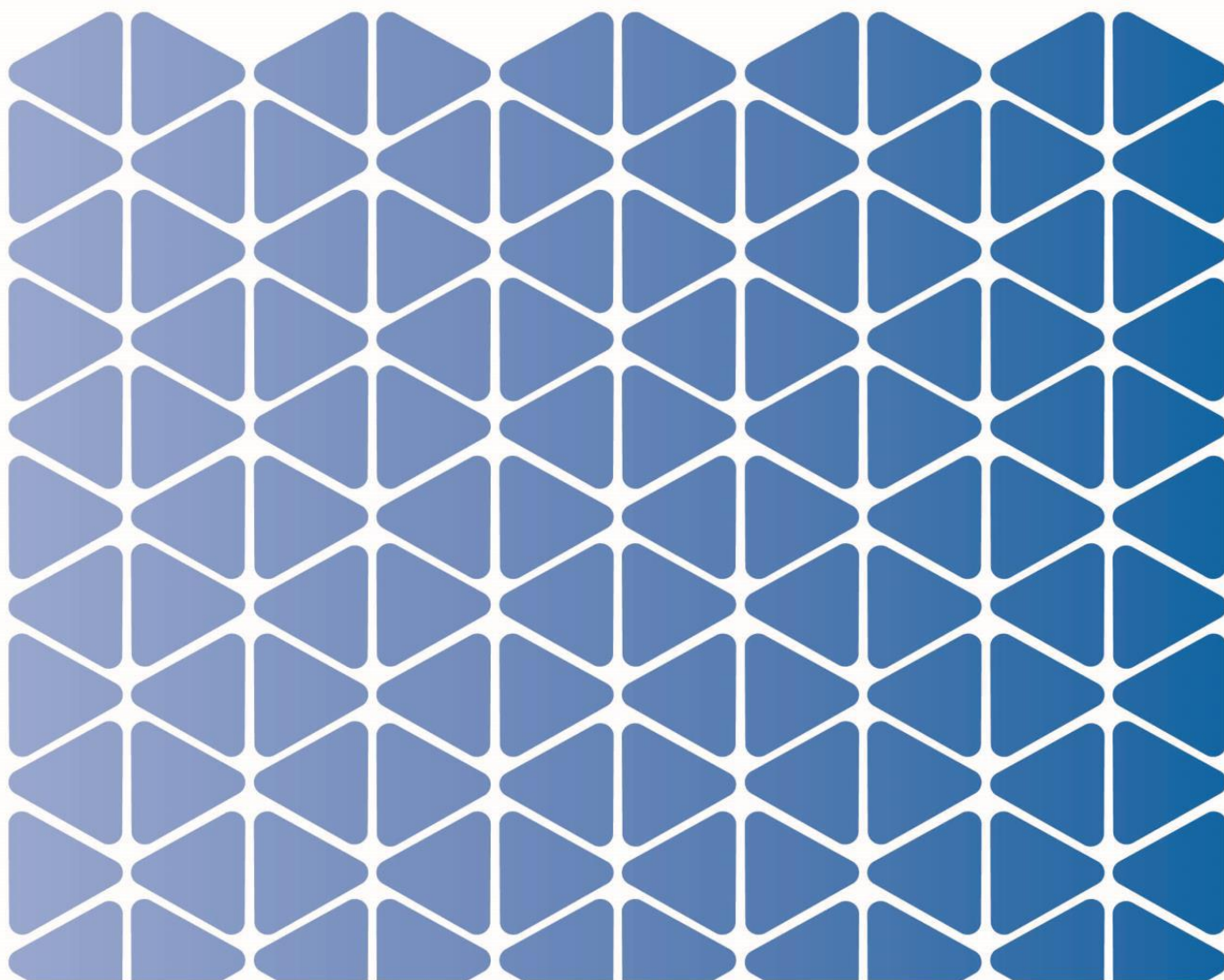


PATIENT INFORMATION

# HEALTHY EATING FOR WEIGHT CONTROL IN YOUNG PEOPLE



## **Achieving a healthy weight**

Weight control can be achieved by following a healthy balanced diet which the whole family will benefit from.

The aim is to keep your weight the same as you grow. As you get taller you will become slimmer by “growing into your weight”. Weight loss in children should be a slow process over several months.

Increasing physical activity will help to keep you and your family fit. Together with a sensible meal plan, it will help to control your weight.

## **Useful websites and apps for support**

- [www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life)
- [www.nutrition/healthyliving.org.uk](http://www.nutrition/healthyliving.org.uk)
- [www.parentclub.scot/](http://www.parentclub.scot/)
- [www.bda.uk.com/resource/weight-loss](http://www.bda.uk.com/resource/weight-loss)
- Apps - Be Food Smart , My Fitness Pal

## **Exercise and activity**

- Children need to do at least 60 minutes of physical activity /exercise a day. This can be broken down into 3 x 20 minutes or 2 x 30 minute sessions.
- Be more active by walking to school, walking your dog, running up and down stairs, cycling, using the trampoline, playing outside.
- Swimming, playing football, netball, other games, athletics and physical education (PE) at school are good ways of keeping fit and controlling your weight.
- Join after school clubs such as football, netball or running.

## **Tips for success**

- Eat 3 meals a day and never skip any of them.
- Make sure you eat breakfast as it will stop you feeling hungry later on in the morning.
- Avoid nibbling between meals as much as you can. Have a drink of water or sugar free squash instead.
- Always sit down for your meals and eat with the family if possible. Eat a wide variety of food.
- Only eat if you are hungry and not just because you are bored.
- If you feel hungry between a meal eat fruit or vegetables e.g. carrot, celery.
- Make use of low fat alternatives such as semi skimmed milk, low fat spread and low fat cheeses.
- Cut down on crisps, biscuits and 'fast food' snacks.
- Have water to drink or occasionally low calorie, sugar free or diet drinks.
- Avoid having second helpings.
- Limit the amount of time you spend watching the TV or playing on the computer/games consoles.
- Have your evening meal before 7pm and try not to snack after this time.

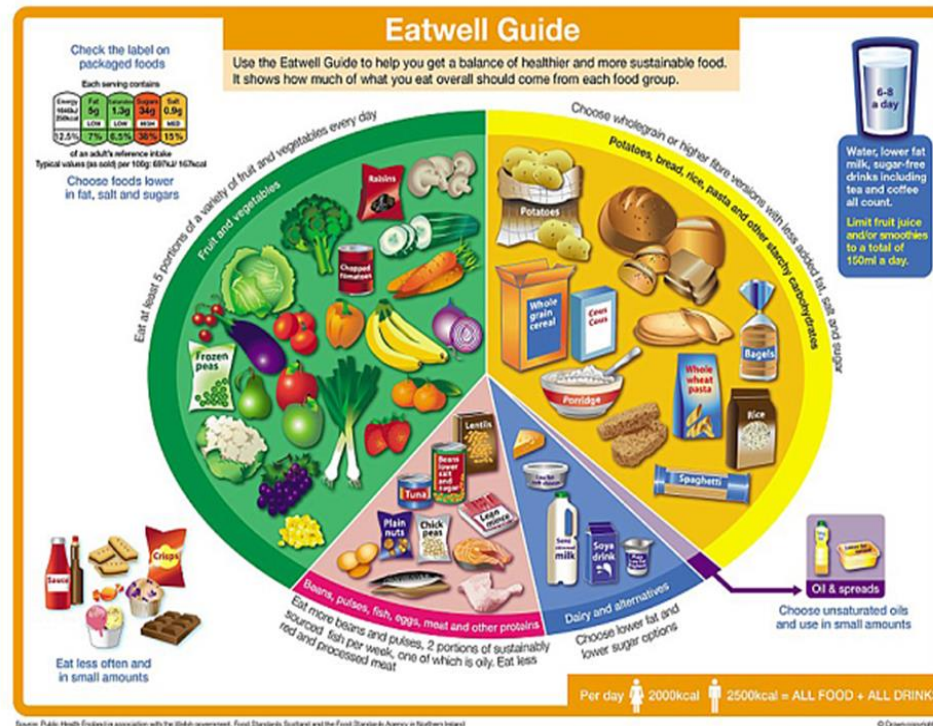
## FRUIT & VEGETABLES

- Have at least 5 portions a day.  
A portion = 1 apple or orange  
or 1 small banana  
or 1 small glass of fruit juice,  
or 2 tablespoons of cooked vegetables  
or 1 cupful of grapes or cherries,  
or 1 small bowl of salad.
- Try a stir fry with plenty of vegetables, very little oil.
- Try homemade vegetable soup.
- Add chopped or dried fruit on breakfast cereals.
- Use salad in your sandwiches.
- Make a "smoothie" by blending different unsweetened fruit together or blending fruit with low fat milk or low fat yoghurt.

## MEAT, FISH, EGGS, BEANS and other non-dairy sources of protein.

**Have 2 portions a day.**

- Try to limit sausages, beef burgers and pies to cut down on fat intake.
- Be careful not to have too many meat or fish dishes coated in breadcrumbs or batter.
- Try nut, bean or pulse based dishes e.g. nut roast, lentil lasagne or vegetable and bean curry and rice.
- Have baked beans on wholemeal toast, or with a jacket potato.



## FOOD & DRINKS HIGH IN FAT AND OR SUGAR

- Choose a low fat spread.
- Limit crisps to 1-2 small packets per week.
- Only have cakes, pastries, biscuits, chocolates and sweets for birthdays and special treats.
- Avoid mayonnaise and salad cream, try oil free salad dressings or make your own e.g. vinegar and lemon juice.
- If you have sugar in your drinks or on cereal try and cut it down or change to an artificial sweetener. You could add a little dried fruit to cereal.

## BREAD, RICE, POTATOES, PASTA and other starchy foods.

- Include as a main part of each meal.
- Choose unsweetened breakfast cereal e.g. Weetabix, Shreddies, Cheerios, porridge.
- You may have oven chips but no more than once a week.
- Try granary or wholemeal bread, pitta bread or wraps.
- Choose jacket potatoes with cottage cheese or low fat spread.
- Try rice or pasta.

## MILK AND DAIRY FOODS

- Milk and dairy foods contain **CALCIUM** which is important for growth and bone health.
- Under 10's need 550 mg calcium /day.
- Girls 11+ need 800 mg calcium/day.
- Boys 11+ need 1000 mg calcium/day.

### Some examples

- 1 glass (200 ml) semi-skimmed milk = 234 mg calcium.
- 1 (125g) 0% fat yoghurt = 219 mg calcium.

## **Packed lunch or snack meal ideas**

- **Choose bread , pitta bread, bread roll, or wrap filled with** either tuna, ham, chicken, lean meat, egg, grated cheese, low fat cream cheese or peanut butter.
- **Add salad vegetables e.g.** cucumber, tomatoes or carrot sticks.
- **Fruit** - fresh or tinned in natural juice.
- **Yoghurt** (check label for 'low fat', '0% fat 0% sugar', 'light & free'). NB - check some low fat varieties may be high in sugar.
- **Pudding** - Sugar free jelly or low fat, reduced sugar pudding.

## **School meals — What to choose?**

**Look at the choices available on the school menu with your child. Suggest they try:**

- Jacket potato with baked beans (and salad).
- Soup and sandwich with salad.
- Pasta and bolognaise sauce.
- Small slice of pizza and salad.
- Curry, vegetables and rice.
- Dessert - fruit, sugar free jelly, 'light' yoghurt or ice cream.

## **What drinks are suitable?**

Water, sugar free squash, diet drinks or low fat milk.

## BREAKFAST

- 1 small glass unsweetened orange juice.
- Wholegrain breakfast cereal with semi skimmed milk (no sugar).
- Or wholemeal toast with low fat spread.

## MIDMORNING

- Water or semi skimmed milk.
- Fruit if hungry.

## LUNCH

- Lean meat, fish, egg or cheese sandwich with salad.
- Fruit.
- Low fat, reduced sugar yoghurt or sugar free jelly.
- Water.

## AFTER SCHOOL

- Fruit or one plain biscuit if hungry.
- Water or a glass of semi skimmed milk.

## EVENING MEAL

- Lean meat, fish, cheese, egg or beans.
- Potatoes, rice or pasta.
- Large helping of vegetables or salad.
- Fruit or low fat, reduced sugar yoghurt.
- Water.

## BEDTIME

- Glass of semi skimmed milk, plain biscuit or piece of fruit **BUT** only have this if you are really hungry.

## **Worcestershire Acute Hospitals NHS Trust**

Covering the Alexandra Hospital, Redditch, Worcestershire Royal Hospital and Kidderminster Treatment Centre.

Tel: 01905 733953

Email: [wah-tr.paeds.diet@nhs.net](mailto:wah-tr.paeds.diet@nhs.net)

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.